



YORK HARBOUR
M E T A L S

YORK HARBOUR METALS RECEIVES TSXV ACCEPTANCE OF UPDATED OPTION AND RSU PLANS

Vancouver, British Columbia – June 3, 2022 – **York Harbour Metals Inc.** (the "**Company**" or "**York**") (TSXV: YORK) (OTCPK: YORKF) (Frankfurt: 5DE0) is pleased to announce that the Company has received acceptance of the TSX Venture Exchange (the "TSXV") for its updated stock option plan (the "SOP") and restricted share unit plan (the "RSU Plan" which together with the SOP are collectively, the "Plans"), which were approved by the shareholders of the Company at its annual general and special shareholders meeting on April 14, 2022.

The Company renewed its 10% rolling SOP, under which the Company may grant a number of stock options equal to up to 10% (presently 4,996,781 common shares) of the Company's issued and outstanding shares. The Company also updated its 10% fixed RSU Plan in accordance with the recent new policies of the TSXV, under which up to 4,884,031 common shares (10% as at the date of its shareholder approval) are issuable under the RSU Plan. The TSXV confirmed its acceptance of the Plans on May 31, 2022.

About the Company

York Harbour Metals Inc. (TSXV: YORK) (OTCPK: YORKF) (Frankfurt: 5DE0) (formerly Phoenix Gold Resources and TSXV: PXA & OTCPK: PGRCF) is an exploration and development company focused on the York Harbour Copper-Zinc-Silver Project, a mineral property located approximately 27 km from Corner Brook, Newfoundland. The Company plans to continue drilling the strike and depth extents of Main Mine area and test the other massive sulphide targets, like the No 4 Brook showing, while focusing on gaining access to the 400-level and Sea Level adits.

For more information on York Harbour Metals please contact info@yorkharbourmetals.com Tel: +1-778-302-2257 or visit the website at www.yorkharbourmetals.com for past news releases, media interviews and opinion-editorial pieces by management.

On Behalf of The Board of Directors,

Andrew Lee
CEO, President, and Director

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Cautionary Statement Regarding Forward-Looking Information

This news release may contain "forward-looking information" and "forward-looking statements" within the meaning of applicable Canadian securities legislation. All information contained herein that is not historical in nature may constitute forward-looking information. Forward-looking statements herein include but are not limited to statements relating to the prospects for development of the Company's mineral properties, and are necessarily based upon a number of assumptions that, while considered reasonable by management, are inherently subject to business, market and economic risks, uncertainties and contingencies that may cause actual results, performance or achievements to be materially different from those expressed or implied by forward looking statements. Except as required by law, the Company disclaims any obligation to update or revise any forward-looking statements. Readers are cautioned not to put undue reliance on these forward-looking statements.